

MIND BODY & SPIRIT WELLBEING



BY MILICA VLADOVA

ADMIN@MINDBODYANDSPIRITWELLBEING.COM

ABOUT

Mind Body & Spirit Wellbeing is a blog about the holistic way of life - from healthy food to alternative healing, weight-loss, and a conscious environmental-friendly lifestyle. Here you will find health and wellness tips and recipes for a better living!

THE VISITORS

80%

FEMALE

73%

25-54 YEARS OLD

70%

BASED IN USA&CANADA

2,400+

PINTEREST FOLLOWERS

320,000+

MONTHLY PINTEREST IMPRESSIONS

85% +

NEW PAGE SESSIONS



FEATURED IN



THE HUFFINGTON POST